

Tender Times

Child Care Resource & Referral, Western Region

January 2003

WE ARE MOVING!

Child Care Resource & Referral, Western Region is excited to announce that we are moving into new buildings in Cedar City and St. George. The moves will mean we will have more room to provide you with better service. Save this page so you'll know where to come for training and be ready to be WOWED by our new digs!

New Addresses Child Care Resource & Referral, Western Region

St. George Office

1070 W. 1600 S., Bldg. B
St. George, UT 84770

Cedar City Office

88 E. Fiddlers Canyon Rd., Suite H
Cedar City, UT 84720



For Training Information:
1-800-543-7527

For Technical Assistance:
1-888-344-4538

For Referrals & Updates:
1-888-344-4896

Preserve the Power of Antibiotics

Antibiotics are powerful medicines. When used properly against bacterial infection they help sick patients get better. However, when used improperly they allow “bugs” to get stronger and make antibiotics ineffective in the treatment of some illnesses. Antibiotics work for bacterial infections but DO NOT work for viruses like cold and flu.

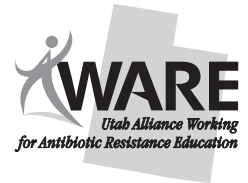


The do's and don'ts of antibiotic use: (1) **don't** share prescriptions (2) **do** take all prescriptions as directed (3) **don't** ask your doctor for an antibiotic for viral infections like cold and flu (4) **do** let your doctor prescribe the right drug for the right bug (5) **do** wash your hands often! Hand washing is a very powerful tool in fighting infections.

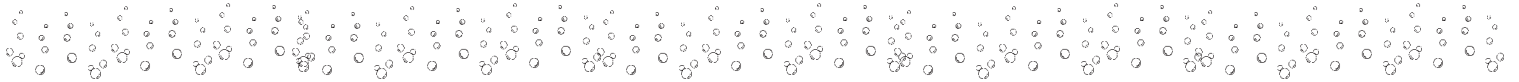
Key times for washing your hands include (but are not limited to): upon arrival at the child care center, before going home, after wiping a child's nose or helping a child blow her/his nose, before and after handling food/bottles, after using toilet and after diapering, after removing gloves, after outdoor play time, after handling animals, and before and after food preparation.

Hand Washing Guidelines:

- Use warm, running water and mild preferably liquid, soap
- Wet hands, apply soap to hands, rub thoroughly for at least 20 seconds
- Rinse hands and dry with clean disposable towel
- Hand sanitizers shall not replace hand washing except during off site activities



A message from Utah AWARE, Alliance Working for Antibiotic Resistance Education. For more information visit www.utahaware.com



Welcome New Child Care Professionals!



Congratulations to the new Child Care Providers who have joined up since September 15, 2002. We're looking forward to getting to know you, so please give us a call if you need technical assistance, if you have questions about training, or to update your referral listing.

Annabella

Cheri Torgersen

Nephi

Kim Andrews

Beaver

Sherrie Bradshaw
Hannah Houston

Richfield

Vicki Hurst
Cindy Snarr

Cedar City

Shalyn Richsteig
Ian & Jeni Wambold

St. George

Sharon Brooks
Danagail Elzy
Nicole Jensen
Marcela Walters

Ivins

Jennifer Hall



Congratulations to the . . .

Career Ladder Award Recipients

The following providers have reached a new level on the Career Ladder within the past several months:

Level 1

Heidi Alfred
Rhonda Bagley
Joan Barlow
Josephine Barlow
Shirlee Barlow
Lydia Bateman
Jodie Britton
Cindy Brown
Karen Cox
Linda Crosby
Crystal DelRay
Christy Farish
Kathy Freadrich
Gwendolyn Frisbie
Betty Gramse
Salley Hall
Yovonda Hall
Mary Johnson
Shiree Johnson
Janeece Kreitzer
Krista MacDonald
Laura Morris
Cheryl Motes
Kandice Nielson
Stephanie Nuttall
Michelle Patterson
Lisa Peay
Tammy Phyllaier
LaVeryl Porter
Brandi Price
Lyndsi Price
Linda Slama
Angela Stratton
Sandra Tuttle
Carol Watson
Vikki White
Susan Williams
Joyce Winder

Level 2

Rhonda Bagley
Josephine Barlow
Natalie Barrow
Desiree Brush
Karen Cox
Jackie Davis
Yovonda Hall
Jerrilyn Hansen
Krista MacDonald
Francie Mickelson
Kandice Nielson
Jennie Orison
Angie Piper
Cheryl Terry

Level 3

Joi Campbell
Karen Cox
Kelli Hill
Audrey Jones
Janeece Kreitzer
Melanie McPherson
Karen Neilson
Gay Newby
Paula Palmer
Debra Riddle

Level 4

Karen Cox
Yovonda Hall
Karen Neilson
Gay Newby
Paula Palmer
Debra Riddle
Bonita Seamons
Vicki Skinner

Center Director

Shirlee Barlow
Barbara Fox
Peggy Gubler
Melanie McPherson
Susan Williams
Joyce Winder

Level 5

Angela Bogh
Karen Cox
Deborah Kay
Karen Neilson
Natalie Nelson
Gay Newby
Jennie Orison
Kristy Piep
Debra Riddle
Sara Roper

Level 6

Kim Christensen
Barbara Fox
Kristine Layton
Kristy Piep
Debra Riddle

Level 7

Barbara Fox
Kristine Layton
Teresa Provost

Level 8

Carol Watson

Level 9

Mindi Chamberlain
Kamber Drysdale
Makayla Leavitt

Level 10

Mindi Chamberlain
Valerie Compton
Makayla Leavitt

Provider Achievement Award Recipients

The following providers have received the following star ratings within the past several months:

1 Star

Crystal DelRay
Lisa Peay
Tammy Phyllaier
Brandi Price
Linda Slama

2 Stars

Joi Campbell
Kimberly Cox
Kathy Freadrich
Peggy Gubler
LaVeryl Porter
Cori Roberts
Joyce Winder

3 Stars

A Child's World
Salley Hall
Melanie Johnson
Laura Morris
Michelle Patterson
Susan Williams

4 Stars

Janeece Kreitzer

5 Stars

Cindy Brown
Betty Gramse
Richelle Irons
Marie Jones
Cheryl Motes
Pam Orton
Kathryn Pendleton
Cheryl Terry

Endorsements

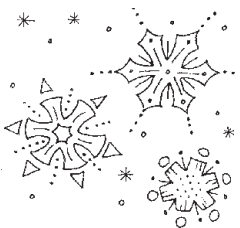
Special Needs

Shirlee Barlow
Francie Mickelson
Karen Neilson
Gay Newby
Jennie Orison
Paula Palmer
Debra Riddle
Alicia Wyler

Infant & Toddler

Natalie Barrow
Angela Bogh
Francie Mickelson
Karen Neilson
Gay Newby
Kandice Nielson
Sandra Nielson
Kristy Piep

Debra Riddle
Sara Roper





1. Let the children color a piece of cardstock.
2. Roll the cardstock into a cone shape & tape edge.
3. Decorate it with ribbons, glitter, feathers, etc.



Winter Fun Indoors

Ice Sculptures

- ❄️ Freeze ice in various shapes by using different sizes of containers. You can get a variety of containers by inviting parents to bring ice from home in any shape or size.
- ❄️ Have the children pour various amounts of salt onto the ice (or use spray bottles of salt water.)
- ❄️ As the ice melts, it creates fun shapes!

Bring Winter Indoors

- ❄️ Collect objects from outside such as ice, snow, rocks, twigs, etc.
- ❄️ Put objects in a dishpan or tub and place in the middle of a plastic tarp on the table or floor.
- ❄️ Let the children create a winter world in the tub. Supply toy animals or small people for the children to incorporate into their new winter world.

Snowflake Quesadillas

- ❄️ Items needed:

kitchen sheers	flour tortillas
paper towels	cheddar cheese
microwave	salsa
- ❄️ Using sanitized kitchen sheers, cut pieces out of a warmed flour tortilla, just like cutting a snowflake.
- ❄️ Sprinkle shredded cheese on a whole tortilla.
- ❄️ Place the snowflake tortilla over the cheese and place the entire quesadilla on a paper towel and warm it in the microwave (30 seconds to 1 minute or until the cheese melts.)
- ❄️ Cut into wedges, if desired, and serve with salsa.

Animal Trail

1. On days you're stuck inside, collect pictures of familiar animals and place them on the floor so that they are several feet apart.
2. The children play the game by starting one at a time at the first picture, naming the animal, then moving like the animal onto the next picture.
3. Continue for as long as children find interest in the game and everyone has had a turn. Be sure to take your turn as well!

Idea: Use your old calendars for the picture trail.

Snowflakes

- ❄️ Make snowflakes by folding a square piece of paper into quarters and snipping random shapes out of it. Use a variety of paper.
- ❄️ Allow the children to experiment by folding the paper in different ways. They will discover many interesting snowflakes and perhaps even get more than one flake at a time!

Water Experiments

- ❄️ Collect a jar full of snow (or ice cubes). When it melts, see how much water there is. Is it more or less than you expected?
- ❄️ Leave a bucket of water outside on a frosty night so that it freezes. In the morning make a hole in the middle with a hammer and see how thick the ice is. What lies underneath?



Displaying Children's Artwork

Thoughtfully displaying children's art is important for a number of reasons. Well-displayed artwork:

- * surrounds children with beauty that they themselves have created.
- * is a form of communication, showing meaning can be shared and gained through pictures and print.
- * lets children know their ideas and work are valued.
- * extends and expands children's ideas, work and exploration of their world.
- * informs parents and others about what and how children are learning.
- * helps others understand and respect the work of children.

Not every piece of children's artwork needs to be displayed, but from time to time each child needs a chance to "show off" things he or she has done. Showcasing children's work lets children and their parents know the value and importance of the work.

Using frames is a simple way artwork can be can be spotlighted or displayed. It is also fun for the children to make the frames for their artwork or the artwork of another child. Here are some ideas for fun frames you and the children can make.

Wallpaper Frames

Use wallpaper as a background for finished artwork, as a picture frame, or to cover a box to be used as a frame.

Three Dimensional Frames

Fold a piece of construction paper, tagboard, or other heavy paper into thirds to create a triangular frame. Cut a frame from the middle third of the paper.

Box Lid Frames

Boxes and box lids are great for framing three-dimensional creations. Cut a frame shape out of the box or lid then color, paint, or collage the box to make a fun frame.

Round Frames

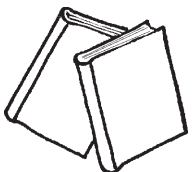
Take a piece of paper slightly larger than the picture you are framing. Glue the picture onto the paper then roll to form a cylinder. Tape or staple paper ends together.

Slipcover Frames

Fold a piece of tagboard or other strong paper in half. Cut out an opening for the artwork, and staple the paper so that pictures of the same size can be slipped in or out.

Pinch Frames

1. Fold 1-1½ inches on all four sides of the frame.
2. Open frame.
3. Pinch corners together.



For more ideas on valuing and displaying children's work, check out the book Creating Rooms of Wonder by Carol Seefeldt. We have it available in our library. Please call us to check it out or see how to order one for yourself!

Get Connected: Explore the Internet World



Everyone understands the Internet at varying degrees. Some of us use this powerful tool at will - finding whatever information needed to solve any problem or answer any question. Some of us know that the Internet is somehow related to our computers - but we're not sure how. And some of us realize the children in our care know more about it than we do! If you want to be proficient at 'surfing the web,' follow these simple steps:

1 - Get a computer and an internet connection.

Check your phone book for local office supply or computer stores and Internet Service Providers. Make sure that when you are purchasing your computer, you also purchase internet software. The two most popular web browsers (which enable you to see web pages) are Internet Explorer and Netscape Navigator. Your Internet Service Provider (ISP) will make it possible for your computer to "talk to" other computers and thus, you will bring information from various people around the world into your hands. For further reading on Internet basics & terminology, see Texas Child Care, Spring 1998 "Navigate the Internet for Early Childhood Sites" by Jeanette Larson pp. 16-21.

2 - Search for information & find websites.

You can find websites if you know the web address (aka URL - Uniform Resource Locator). Make sure that when you are typing the address, you type it carefully and correctly. Even the slightest error will either result in taking you to an error page or to an existing page which you did not plan to visit. If you do not already know the address, you can perform a search or look in online directories. Here are a few common search engines and online directories:

- Alta Vista <http://www.altavista.com/>
- Ask Jeeves <http://www.ask.com/>
- Excite <http://www.excite.com/>
- Go.com <http://www.go.com/>
- HotBot <http://www.hotbot.com/>
- Lycos <http://www.lycos.com/>
- WebCrawler <http://www.webcrawler.com/>
- Yahoo <http://www.yahoo.com/>



3 - Explore Child Care-Related Sites

Expand your professional resources by incorporating the following websites into your websurfing experience:

- Utah Office of Child Care <http://jobs.ut.gov/occ/>
- CCR&R Western Region <http://childcarehelp.org/>
- NAEYC <http://www.naeyc.org/>
- I Am Your Child <http://www.iamyourchild.org/>
- Redleaf Press <http://www.redleafpress.org/>
- CDA Credential <http://www.cdacouncil.org/>
- Environment Rating Scales <http://www.fpg.unc.edu/~ecers/>
- KidsHealth.org <http://www.kidshealth.org/>
- PBS Online <http://www.pbs.org/>
- Surfing the Net with Kids <http://www.surfnetkids.com/>
- Bureau of Licensing <http://health.utah.gov/licensing/cc.htm>

These are just a few sites to wet your appetite as you begin your action-packed, fun-filled ride down the path of knowledge.

Child Care Resource & Referral WesternRegion

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Elisabeth Barker

•Training Specialist•

Kimberley Kitteridge

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•Technical Assistant•

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•Data Specialist•

Sarah Ohms

•Office Assistant•


Charla Sorensen

Tender Times is published quarterly. If you would like to be on the mailing list, call 1-800-543-7527.



January February March

Registering for Upcoming Classes:

- ☆ Read the training calendar on the following pages and decide which classes you would like to take. Classes noted with **HS** are sponsored by Headstart & classes noted with **TLC** are sponsored by The Learning Center.
- ☆ Note: some of the dates for the Early Childhood Health & Safety classes are different than those printed in the state training calendar
- ☆ You must pre-register for the classes marked with the mailbox symbol: 
- ☆ Decide which of the two pink registration forms to use. One form is for classes held in Iron and Washington counties and the other form is for classes held in Juab, Millard, Sanpete and Sevier counties.
- ☆ Read and sign the training policy which is printed on the back of the pink registration form.
- ☆ Send in the pink registration form along with your payment (cash/check/money order). Money will not be accepted at the door.
- ☆ Mail your registration form early!! We must receive your registration in the Cedar City office at least three days before the class. If there are not enough registrations by that time, the class will be cancelled. Registrations are done on a first come, first serve basis. If we receive money from you for a class that is full, we will give you the option of sending the money back to you in the next day's mail or applying it to another class.
- ☆ If you are unable to attend a training and you call **before** the day of the class, credit will be applied to another training but you must use it the same year. We will not be able to refund money, or issue credit if you call the day of the class.
- ☆ If you miss one of the classes in a series, no money will be refunded, however you may attend the class when it is taught again with repaying. (Keep your receipt.) You cannot have a friend pick up the materials you missed. You must attend the training to receive the materials. When you retake the class you will receive the materials you missed.

The Training Policy

- ☆ In order to insure that all class participants have a valuable experience with the training we offer, everyone who registers for a class needs to read and sign the training policy which is on the back of the pink registration form. We will be able to accept your registration form only after this statewide policy has been signed. If you have any questions regarding this policy, please call us at 1-800-543-7527.

The Training Calendar

- ☆ The following pages contain the training calendar for the upcoming quarter. You can also view the upcoming classes on the training calendar online - <http://joey.hfs.usu.edu/childcare/> Select "Western Region."



Class Title	Date/Time	Location/Contact	Cost	Hours	Description
BEAVER, GARFIELD & KANE COUNTIES					
Orientation/Licensing	Call for Time	Beaver/Garfield - Lynda Worthington 865-5670 Kane - Marcia Crampton 688-0489 ext 513	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
Food Handlers	Call for Time	Beaver -438-2482 Garfield -826-4397 Kane -644-2537	Call for Info	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
CPR/First Aid	Call for Time	Beaver -Tene Crawford 387-2411 Garfield -Deanne Brown 676-8811	Call for Info	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
IRON COUNTY					
Basic Child Care	Saturday Feb 22 8 am -1 pm	88 E Fiddlers Canyon Rd Suite H Cedar City	\$10	5	Setting up and organizing your child care business. Topics include record keeping, basic child development, age appropriate activities, health and safety principles and more. Participants take part in class discussion and hands-on activities. State required training topics are discussed. Meets five hour training requirement for Residential Certificate providers.
Early Childhood Health & Safety	Thursdays Jan 2, 9, 16, 23, 30 7-9 pm	Health Department 260 E DL Sargent Dr Cedar City	\$10	10	In this course participants learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.
Child Development, Part 1: Ages & Stages	Thursdays Feb 13, 27, Mar 13, 27 7-9:30 pm	88 E Fiddlers Canyon Rd Suite H Cedar City	\$15	10	In this course participants learn about typical developmental milestones for infants, toddlers, preschoolers, and schoolage children. Participants also learn basic strategies for working with each of these age groups of children.
Course 3: Learning to Get Along (HS)	Wednesdays Feb 5, 19, Mar 5, 19 7-9:30 pm	SUU Headstart 2390 W Highway 56 Cedar City	\$15 CEU Extra	10	In this course participants learn effective strategies for supporting young children's social and emotional development. Areas of focus include: fostering self-esteem and independence, learning to get along in a group, and behavior guidance.
Infant & Toddler Care, Course 3: Learning in Infancy & Toddlerhood	Tuesdays Jan 7, 14, 21, 28 7-9:30 pm	88 E Fiddlers Canyon Rd Suite H Cedar City	\$15 CEU Extra	10	In this course participants explore how infants and toddlers learn. Areas of focus include cognitive discoveries of infancy, the role of the caregiver in supporting learning, stages of infancy, and language development.
Food Handlers	Tuesday Feb 18 7-8 pm	88 E Fiddlers Canyon Rd Suite H Cedar City	\$5	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
Food Handlers	Call for time	Health Department 586-2437	\$5	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
CPR	Every 2 nd Wed. 5 pm	Valley View Medical Center 586-6587	Call for Info	Call for Info	Instruction for first time or recertification of cardiac pulmonary resuscitation techniques. Includes instruction in infant and child CPR. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
CPR/First Aid	Call for Time	Michelle Barkdull 586-2321	Call for Info	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
Orientation/Licensing	Thursday Jan 9, Feb 13, or Mar 13 7-9 pm	Lynda Worthington 865-5670	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.

Class Title	Date/Time	Location/Contact	Cost	Hours	Description
WASHINGTON COUNTY					
Music in Early Childhood Day	Saturday Feb 8 8 am-4:15pm	Dixie Center 1835 Convention Ctr Dr St. George	\$20	6.5	See insert for description.
Basic Child Care	Saturday Jan 25 or Mar 15 8 am-1 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$10	5	Setting up and organizing your child care business. Topics include record keeping, basic child development, age appropriate activities, health and safety principles and more. Participants take part in class discussion and hands-on activities. State required training topics are discussed. Meets five hour training requirement for Residential Certificate providers.
Beyond Diversity	Wednesdays Feb 12, 26, Mar 12, 26 7-9:30 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$30 CEU cost added	10	In this course, participants will be assisted in: integrating anti-bias activities, knowledge and materials for all children into existing child care programs; learn to identify personal biases and ways to address them in a productive manner when working with families; become advocates for all children's rights.
Early Childhood Health & Safety	Wednesdays Jan 8, 15, 22, 29, Feb 4 - Tues. 7-9 pm	Southwest Utah Public Health Dept 285 W Tabernacle St. George	\$10	10	In this course participants learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.
Course 2: Strong & Smart! (TLC)	Saturdays Jan 18, Feb 1 8 am-1 pm	Mini World 1075 W Field Ave Hildale	\$15 CEU Extra	10	In this course participants learn practical ways to promote young children's physical, cognitive, language, and creative development in age-appropriate play and learning activities.
Course 7: Creating Good Child Care	Thursdays Feb 6, 20 Mar 6, 20 7-9:30 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$15 CEU Extra	10	In this course participants learn strategies for ensuring effective program operation, including program planning, organization, record keeping, and legal issues such as licensing, liability and insurance, custody issues, the Americans with Disabilities Act, and dealing with suspected abuse and neglect.
Infant & Toddler Care, Course 1: Setting Up for Infants & Toddlers (TLC)	Saturdays Mar 1, 15 8 am-1 pm	The Learning Center 1192 W Sunset Blvd St. George	\$15 CEU Extra	10	In this course participants explore issues to be considered when setting up for infant and toddler care. Areas of focus include: primary caregiving, group size, continuity of care, the physical environment, daily routines, and respectful caregiving.
Including Children with Special Needs, Part 3: S.P.I.E.S.	Saturdays Jan 4, 11, 25 8 am-1 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$20 CEU Extra	15	In this course participants will learn specific intervention strategies that can be used with preschool children throughout the day in everyday settings, including child care settings.
Family Child Care Course 3: Developmental Learning Goals & Activities	Saturdays Mar 8, 22 8 am-1 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$15 CEU Extra	10	In this course participants learn methods of supporting the developmental needs of children in the areas of social and self awareness; physical, cognitive, and language development; and creativity. Emphasis will be placed on working with children in mixed-age groups.
Food Handlers	Tuesday Jan 21 or Mar 18 7-8 pm	Five County AOG 1070 W 1600 S Bldg B St. George	\$5	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handler's permit. Good for two years.
Food Handlers	Call For Time	Public Health Dept 673-3528	\$5	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handler's permit. Good for two years.
CPR/First Aid	Call for Time	American Red Cross (435) 674-4440 Dixie Ambulance 628-4303 Jarene Evertsen 673-7380	Call for Info	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
Orientation/Licensing	Tuesday Jan 7, Feb 4, or Mar 4 10 am-12 noon	DWS Office 619 Bluff, St. George Marcia Crampton 688-0489 ext 513	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.



Class Title	Date/Time	Location/Contact	Cost	Hours	Description
JUAB COUNTY					
Unlocking the Creative Mind	Tuesdays Feb 11, 25, Mar 4, 18 7-9:30 pm	DW S 625 N Main Nephi	\$30 CEU cost added	10	In this course participants will be assisted in integrating activities and materials from art, dramatic play, movement and dance, and music into their child care programs. They will learn to adapt current program plans to include an integrated approach to the arts and realize its value to children.
Orientation/Licensing	Call for Time	Cheryl Rhodes 801-374-7095	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
CPR/First Aid	Call for Time	Chris Bowles 623-1242	Call	Call	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
Food Handlers	Call for Time	Health Department Nephi 623-0696	\$10	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
PIUTE & WAYNE COUNTIES					
Orientation/Licensing	Call for Time	Lynda Worthington 865-5670	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
Food Handlers	Call for Time	Public Health Dept. 896-5451	Call for Info	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handler's permit. Good for two years.
CPR/First Aid	Call for Time	Colleen Chappell 836-2671	Call for Info	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
SANPETE COUNTY					
Basic Child Care	Saturday Feb 22 8 am -1 pm	Snow College Home/Family Bldg 100 E Center Ephraim	\$10	5	Setting up and organizing your child care business. Topics include record keeping, basic child development, age appropriate activities, health and safety principles and more. Participants take part in class discussion and hands-on activities. State required training topics are discussed. Meets five hour training requirement for Residential Certificate providers.
Early Childhood Health & Safety	Wednesdays Jan 8, 15, 22, 29, Feb 5 7-9 pm	Health Department 200 N 40 W Manti	\$10	10	In this course participants learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.
Course 2: Strong & Smart!	Thursdays Feb 13, 27, Mar 13, 27 7-9:30 pm	Snow College Home/Family Bldg 100 E Center Ephraim	\$15 CEU Extra	10	In this course participants learn practical ways to promote young children's physical, cognitive, language, and creative development in age-appropriate play and learning activities.
Infant & Toddler Care, Course 2: Social-Emotional Growth	Tuesdays Jan 7, 14, 21, 28 7-9:30 pm	Snow College Home/Family Bldg 100 E Center Ephraim	\$15 CEU Extra	10	In this course participants learn about the emotional and social development of infants and toddlers. Areas of focus include: temperament, responsive caregiving, the caregiver's role in fostering emotional development, socialization, and guidance.
Orientation/Licensing	Call for Time	Karen Averett 801-374-7858	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
CPR/First Aid	Call for Time	Ephraim Gary McKenzie 283-5316 Gunnison Julie Southwick 528-7246 Manti (groups of at least 4) Mark Nickle 835-7973	Call for Info	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years listed on card.
Food Handlers	1st Monday 3:30 pm	Health Department Mt. Pleasant 462-2449	\$10	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for three years.

Class Title	Date/Time	Location/Contact	Cost	Hours	Description
MILLARD COUNTY					
Course 4: Advanced Child Development	Tuesdays Jan 7, 21, Feb 4, 18 7-9:30 pm	TBA Film one	\$15 CEU Extra	10	In this course participants learn basic principles and theories of child development, and how this knowledge can influence their day-to-day work with children. Participants will be introduced to the theories of Maslow, Erikson, Montessori, Piaget, Vygotsky, Kohlberg, Gilligan, and behaviorism.
Course 5: Looking to Learn (HS)	Tuesdays Mar 11, 25, Apr 8, 22 7-9:30 pm	DWS 44S 350 E Delta	\$15 CEU Extra	10	In this course participants learn effective tools and strategies for gathering and using observational information about children. Areas of focus include: learning to observe children accurately and objectively, observation tools and goals, overcoming obstacles to observation, and interpreting and using observation data.
Orientation/Licensing	Call for Time	Lynda Worthington 865-5670	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
Food Handlers	Call for Time	Public Health Dept 743-8818	\$10	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
SEVIER COUNTY					
Basic Child Care	Saturday Jan 25 or Mar 15 8 am -1 pm	DWS North 201 E 500 N Richfield	\$10	5	Setting up and organizing your child care business. Topics include record keeping, basic child development, age appropriate activities, health and safety principles and more. Participants take part in class discussion and hands-on activities. State required training topics are discussed. Meets five hour training requirement for Residential Certificate providers.
Early Childhood Health & Safety	Thursdays Jan 2, 9, 16, 23, 30 7-9 pm	Central Utah Public Health Dept. 70 Westview Dr Richfield	\$10	10	In this course participants learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.
Child Development Part 2: Learning in the Early Years	Thursdays Feb 6, 20, Mar 6, 20 7-9:30 pm	DWS South 115 E 100 S Richfield	\$15	10	In this course participants explore how young children learn and develop. Areas of focus include: brain development, learning through play, supporting social and emotional development, and positive guidance.
Course 6: Working Together: Productive Relationships	Wednesdays Feb 12, 26 Mar 12, 26 7-9:30 pm	DWS South 115 E 100 S Richfield	\$15 CEU Extra	10	In this course participants learn effective strategies for establishing and maintaining open and positive relationships with each child's family, encouraging family involvement in the child care program, and supporting each child's relationship with his or her family.
Including Children with Special Needs, Part 2: Child Care Plus	Saturdays Feb 22, Mar 8, 22 8 am -1 pm	DWS South 115 E 100 S Richfield	\$20 CEU Extra	15	In this course participants learn strategies for including children with special needs in child care programs. Areas of focus include creating safe and accessible learning environments, building partnerships with parents and families, adapting play materials, positioning children, guiding behavior, and facilitating communication.
Family Child Care Course 2: The Home Child Care Environment	Saturdays Jan 11, 25 8 am -1 pm	DWS South 115 E 100 S Richfield	\$15 CEU Extra	10	In this course participants learn practical aspects of setting up a quality home child care program. Instruction will focus on arrangement of indoor and outdoor space; health, safety, and supervision; schedules, routines, and how to support child-directed activities.
Orientation/Licensing	Wednesday Jan 15, Feb 19, or Mar 19 10 am -12 noon	DWS -201 E 500 N Richfield only: Camb Garner 896-1271 Sevier county except Richfield: Lynda Worthington 865-5670	No Fee	2	Information presented by the Bureau of Licensing on the rules and regulations necessary to become a child care provider. Application information and procedures are discussed as well as support services available through Child Care Resource and Referral.
Food Handlers	Call for Time	Public Health Dept 70 Westview Dr Richfield 896-5451	\$10	2	Utah State Health Department curriculum. View a video that covers safe food handling practice and take a short test to obtain your food handlers permit. Good for two years.
CPR/First Aid	Call for Time	Diane Barney 896-8271 Richfield	\$25	Call for Info	Instruction in cardiac pulmonary resuscitation for infants and children and basic first aid procedures common to children. Required by state licensing for all levels of regulation or licensing. Good for amount of years on card.

Watch for more details this coming spring!

The conference keynote speaker will be Dave Pelzer. Dave is the New York Times Best Selling author of *A Child Called It*, which was also nominated for the Pulitzer Prize. His other books include *The Lost Boy & A Man Called Dave*. Dave will share his inspiring story of triumph over severe child abuse, & the important role caring teachers played in his survival & eventual success.

In addition, the conference will feature a variety of ideas specific to infant/toddler, preschool, school-age, & family child care providers. Friday evening activities will include an awards banquet which will be free of cost for providers who have received a Career Ladder certification.

This historic conference, co-sponsored by the Utah Office of Child Care and the following statewide associations: The Utah Head Start Association, UAFYC, UACCRRA, UPCGA, PFCGA, & USACA.

**First Annual Child Care Provider
Professional Development Conference
May 30 & 31 - Salt Lake City**

Child Care Resource & Referral Western Region

1070 W 1600 S, Building B
St. George, UT 84770



WELCOME IN THE
NEW YEAR!

Grant Writing Workshop February 22 - St. George

If you wish to attend this training on either of the two dates, please call to RSVP 1-800-543-7527.

The training will be from 7:00 pm - 9:00 pm

If you wish to attend this training, please call to RSVP 1-800-543-7527.

Confused by grant writing? Let us help you! Come to this free training for more information. The training will be from 9:00 am - 10:30 am.

If you wish to attend this training, please call to RSVP 1-800-543-7527.

When you attend one of the two dates above, you will learn more about monthly subsidy rates, co-payments, forms, & receiving payments. In addition, Electronic Benefit Transfer will be addressed for Family Group providers to prepare them for the changes that will take place in April 2003.

The training will be from 7:00 pm - 9:00 pm

**Payment-to-Parent
Child Care Assistance Training
January 7-Richfield & March 6-St. George**



Save the Dates!

